

## Summer Cohort: Daily Schedule (Sample)

Monday	
8:00 AM	<b>MORNING ROUTINE:</b> <i>Self-care, breakfast, purposeful grounding activity (i.e. exercise, meditation, journaling, reading)</i>
9:00 AM	<b>EXECUTIVE FUNCTIONING SKILL BUILDING:</b> <i>Check, update &amp; respond to: Calendar/Emails/Edgenuity</i>
10:00 AM	<b>DIGITAL LITERACY</b>
11:00 AM	<b>WRITING COMPETENCIES</b>
12:00 PM	<b>LUNCH BREAK</b>
1:00 PM	<b>GROUP WORK:</b> <i>Life Skills / Coping Skills / Mood &amp; Emotional Regulation</i>
2:00 PM	<b>ACADEMIC BREAKOUT SESSIONS</b>
3:30 PM	<b>OUTDOOR BREAK:</b> <i>(Campus / Community / City based) Scavenger Hunt:</i> <i>Will involve walking/jogging, public transportation, and biking (if possible)</i>
5:00 PM	<b>GROUP HANGOUT / STUDY HALL</b>
6:00 PM	<b>OFFICE HOUR</b>
7:00 PM	<b>DINNER / DOWN-TIME</b>